

Slow Cooker Chorizo Breakfast Casserole

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Taste of Home - April/May 2016

Servings: 8

1 pound fresh chorizo or bulk spicy pork sausage
1 medium onion, chopped
1 medium sweet red pepper, chopped
2 jalapeno peppers, seeded and chopped
1 package (30 ounce) frozen shredded hash brown potatoes, thawed
1 1/2 cups (6 ounces) Mexican cheese blend, shredded
12 large eggs
1 cup 2% milk
1/2 teaspoon pepper

Preparation Time: 25 minutes

Cook Time: 4 hours

In a large skillet, cook the chorizo, onion, red pepper and jalapenos over medium heat for 7 to 8 minutes or until cooked through and the vegetables are tender, breaking the chorizo into crumbles. Drain. Cool slightly.

In a greased five-quart slow cooker, layer a third of the potatoes, chorizo mixture and cheese. Repeat the layers twice.

In a large bowl, whisk the eggs, milk and pepper until blended. Pour over the top.

Cook, covered, on LOW for four to four-and-one-half hours or until the eggs are set and a thermometer reads 160 degrees.

Uncover and let stand for 10 minutes before serving.

Per Serving (excluding unknown items): 137 Calories; 8g Fat (54.4% calories from fat); 11g Protein; 4g Carbohydrate; 1g Dietary Fiber; 320mg Cholesterol; 121mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1/2 Fat.

Breakfast, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	137	Vitamin B6 (mg):	.2mg
% Calories from Fat:	54.4%	Vitamin B12 (mcg):	1.1mcg
% Calories from Carbohydrates:	13.4%	Thiamin B1 (mg):	.1mg

% Calories from Protein:	32.2%
Total Fat (g):	8g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	320mg
Carbohydrate (g):	4g
Dietary Fiber (g):	1g
Protein (g):	11g
Sodium (mg):	121mg
Potassium (mg):	205mg
Calcium (mg):	81mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	31mg
Vitamin A (i.u.):	1284IU
Vitamin A (r.e.):	208RE

Riboflavin B2 (mg):	.4mg
Folacin (mcg):	45mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n.n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 137 **Calories from Fat:** 74

% Daily Values*

Total Fat 8g	12%
Saturated Fat 3g	13%
Cholesterol 320mg	107%
Sodium 121mg	5%
Total Carbohydrates 4g	1%
Dietary Fiber 1g	3%
Protein 11g	
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Vitamin A	26%
Vitamin C	52%
Calcium	8%
Iron	9%

* Percent Daily Values are based on a 2000 calorie diet.